

Household  
Interests

## SOCIETY

Personal  
Notes

## Open Your Heart's Doors

BY LILLIAN RUSSELL.

In the old-fashioned days our grandparents were wont to board their family treasures within the dark and musty chambers of their homes, called parlors—these were only opened to the warmth of the sun and the sweet smell of the breezes in honor of distinguished guests.

Some folks are still attempting to regulate their home and lives in the same manner. They are not modern. They do not understand the real sweetness of life.

It is surely misery to place the best things in the household in one room and then seal the doors. It is just as miserable to have a woman gather up all of his or her virtues, smiles and kindly words and seal them within the heart. The place for them is the open where they can bring joy to others.

It is one of the most beautiful things in life to be beautiful and let others know it. Beauty becomes more than skin deep when the face reflects the sweetest kind of smile, when the smile betokens sympathy, and kindly words tell the goodness of the heart.

The rose freely offers its fragrance to all who approach it and is beloved by all. The man or woman who sheds the fragrance of his or her virtues and kindly words upon all is like the rose, whose affection and sympathy of those about us make life worth while.

We owe it to the world to make others happy and in the payment of the debt we are rewarded with an abundance of happiness.

We will neither be happy nor make others happy while we keep the doors of our hearts closed.

Remember, open all the doors and windows, let in the sunshine—and share your happiness with others.

## Lillian Russell's Answers.

**Question:** Mrs. T. M. Loring. Living in bed while the sun shines is contrary to nature's laws. Taking sufficient sleep is one thing, but living in bed when your sleep is finished will have a tendency to numb your body and retard healthy circulation of the blood. Eight hours of restful sleep every night is enough for any man. It is a mistake to remain in bed in the morning after you have awakened and taking breakfast in bed is fatal to the beauty of the figure. The muscles become semiparalyzed if not awakened to movement. The healthy person should get out of bed quickly upon awakening, and immediately to move about, jump out of bed, and a few moments of dumb bell exercise and breathing will liven up the muscles quickly and give a youthfulness to the body that electrifies the entire system.

**Answer:** Mrs. T. M. Loring. If you have a muddy complexion be sensible what you eat and drink. Do not eat or drink what your natural instinct would tell you, what your taste buds would desire, while meat and pork are absolutely prohibited. The following excellent diet for a sallow complexion will be taken just before going to bed the first night: A pared apple, well sauted, with a salted cracker; the second, an onion sauteed and seasoned; and the third night the juice of an orange squeezed into a glass and mixed with a quarter of half a lemon, accompanied again by one of the salt crackers. On the fourth night begin again with the apple. If the onion is distasteful to you alternate with apple and orange juice.

**Question:** Mrs. T. M. Loring. The finger nails in sweet onions or onions or rutabagas, a little of each, will be very good. The oil lacking in them and make them less brittle. If you care for instructions for manicuring I shall be glad to send them to you upon receipt of a stamped, addressed envelope.

**Answer:** Mrs. T. M. Loring. If the bone is large there is no way of making it smaller. The best way to make the ankles appear smaller is to wear high lace-ups. Never wear low shoes if you wish to cultivate a slender ankle, and above all, don't wear pumps. Each night when retiring and in the morning after arising practice this exercise: Stand on the tips of your toes and bend the knees as far as possible, still keeping the toes. Repeat this several times.

**Question:** Mrs. G. Buttermilk is excellent for the skin. It is a mild bleach. In using buttermilk, place the milk in a bowl and wash the face in the milk as you would with water, using the hands instead of a wash cloth. Allow the buttermilk to dry on the skin. If you will send me a stamped, addressed envelope I shall be glad to send you instructions for facial massage.

**Answer:** Dr. Brady's Health Talks. Efficient Vaccination.

Dr. Edmund F. Coyle, writing in Boston Medical and Surgical Journal, gives some very sensible conclusions based upon many opinions regarding vaccination. A few of his conclusions are of general interest.

"Vaccination is a surgical procedure and demands absolute surgical cleanliness like any surgical operation." This is quite reasonable. Yet it is still the practice in some communities to leave the after-care of vaccinated infants to mothers or other untrained persons—and the doctor or his vaccine is blamed for the unnecessary "sores."

The patient must be under the supervision of the physician until the scar forms, when a certificate may be given." This is equally reasonable. The danger of infection of the vaccination site remains until the scar has formed.

**The "Seven-Year" Delusion.**

He should be told that his immunity to smallpox is limited in time; that if exposed he should be revaccinated." This conclusion disposes of that town's "seven-year" delusion. No one knows how long or how short that immunity conferred by vaccination may be. It may be many years in duration in one case, and only a few months in another.

So eminent an authority as Dr. Leopold Dyer, of the Tulane Medical School, in New Orleans, advocates the thorough antiseptic treatment of the vesicle stage before it reaches the pustular stage. He points out that vaccine virus is taken from calves before it reaches the pustular stage, and that the person vaccinated has vaccine as positively in the vesicle stage as in the stage of pus formation and "soreness." He urges that the physician should break the vesicle before the objectionable, painful stage, and treat the site with active gentianes, to draw the inflammation from going any farther. However, he gives very strong scientific reasons for the belief that with such care the patient acquires the highest possible immunity against smallpox.

If Dr. Dyer's suggestion is accepted by the medical profession, the great



## ANNOUNCE ENGAGEMENT OF FORMER RICHMOND MAN

Miss Helen Green, of Salem, N. J., and John Alexander Wilson.

Invitations have been received in Richmond from Mr. and Mrs. A. Mason Green for the marriage of their daughter, Helen, to John Alexander Wilson, the ceremony to take place on the evening of Wednesday, September 9, at a church in the home of the bride's parents, in Oak Street, Salem, N. J. Following is a brief biography: Mr. Wilson and his bride will be at home at 84 Park Avenue, Elizabeth, N. J.

Mr. Wilson is a brother of Mrs. Estelle Cooke of Hollings College, and formerly made his home in Richmond. A number of guests from this city and throughout the State will go North and throughout the State will go North for the wedding next month.

To Visit Oakland.

Miss Helen and Peter Paul McGehee, formerly Miss Dallas Lee of this city, who has been the guest of her parents, Mr. and Mrs. Arthur W. Lee, at their home on West Grace Street, left yesterday for the North. Miss Clews has been in Richmond for the past month.

Mr. and Mrs. Frank Deane Williams and their family are motorizing through the State in their car.

Mrs. Robert E. Peyton, Jr., and her small son will leave this morning for a stay of several weeks in Atlantic City.

William Hodges Mann, Jr., is visiting friends in Johnson City, Tenn., for a short time.

Mrs. Wallace A. Taylor of Lynchburg, is the guest of friends in this city.

Mrs. Andrew Ewing and Miss Drewry Powers of Richmond, who have been visiting Mrs. M. A. Morgan near Salem.

Miss Hazel Thompson of this city, is a guest of Mrs. A. V. Burcher at her home in New York.

Miss B. L. Herbert of Franklin, and Miss B. L. Clayton of Richmond, have been in Roanoke for a few days.

Mrs. Kathleen Watkins has gone to Atlanta, where she is visiting the Atlanta Atheneum at Macon.

Miss Rosalie Hollingshead has moved to Newport News, where she will make her home with her mother, Mrs. J. B. Eland.

Miss Jessie Foff, of this city, is visiting friends in Roanoke for a short time.

Mrs. Donald Allen is spending some time with relatives in this city before returning to her home in Staunton.

Miss Florine Ward, of Newport News, will arrive to-day to be the guest of friends in this city.

Miss Corinne Jones of Lynchburg, and Miss Dorothy Hutchins of Richmond, are the guests of Miss Elizabeth Clemmer at Silver Brook.

Miss Frances Gandy of Richmond, has gone to Newark, N. J., where she is spending a week with her father.

Mr. and Mrs. Stanley Tate of this city, are visiting Mrs. and Mrs. J. S. Ferguson in Salem.

Mr. William B. Rosenzweig is visiting his sister, Mrs. John S. Harwood, of Forest Hill, during the summer.

Miss Anna Allen, who has been a guest at Mrs. Elliott for the past several weeks, is now visiting Mrs. C. W. Rodgers at her home in Staunton.

Opposed to Increase of FEDERAL TAX ON LIQUORS

Secretary of Methodist Temperance Society Asks 15,000 Pastors to Join in Fight.

Back From New York.

Miss Mary McDaniel and Miss Dorothy Scarborough have returned to the city after spending the past two months visiting in New York. During their stay there, Miss McDaniel and Miss Scarborough were guests of the Rev. George Scarborough, the vicar.

Prominent Engagements.

The Baltimore Sun of recent issue contains the following item of interest to society here and throughout the State:

An engagement of interest to society recently announced is that of Mrs. John Aldrich, a member of the temperance society, and Miss Nellie McDaniel, who are spending the summer at their country home at Warwick Neck to Stephen Maurice Edgett of Newport, N. H.

Miss Aldrich made her debut in Washington during the Roosevelt administration, and was a great friend of Mrs. Nicholas Longworth.

Miss Aldrich and Mrs. John Aldrich, who are spending the summer at their country home at Warwick Neck to Stephen Maurice Edgett of Newport, N. H.

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